



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09029, Apricots, canned, extra heavy syrup pack, without skin, solids and liquids

Report Date: July 01, 2017 12:55 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:6% Refuse Description: Pits

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, whole, without pits 246g
Proximates					
Water	g	74.33	8	0.191	182.85
Energy	kcal	96	--	--	236
Energy	kJ	402	--	--	989
Protein	g	0.55	4	0.044	1.35
Total lipid (fat)	g	0.04	1	--	0.10
Ash	g	0.23	4	0.040	0.57
Carbohydrate, by difference	g	24.85	--	--	61.13
Fiber, total dietary	g	1.6	--	--	3.9
Minerals					
Calcium, Ca	mg	8	4	1.050	20
Iron, Fe	mg	0.62	4	0.035	1.53
Magnesium, Mg	mg	8	4	0.400	20
Phosphorus, P	mg	15	4	1.150	37
Potassium, K	mg	126	4	11.500	310
Sodium, Na	mg	13	4	1.900	32
Zinc, Zn	mg	0.10	--	--	0.25
Copper, Cu	mg	0.064	--	--	0.157
Manganese, Mn	mg	0.050	--	--	0.123
Vitamins					
Vitamin C, total ascorbic acid	mg	2.4	8	0.389	5.9
Thiamin	mg	0.016	4	0.002	0.039

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Riboflavin	mg	0.022	4	0.001	0.054
Niacin	mg	0.340	4	0.030	0.836
Pantothenic acid	mg	0.092	--	--	0.226
Vitamin B-6	mg	0.054	--	--	0.133
Folate, total	µg	2	--	--	5
Folic acid	µg	0	--	--	0
Folate, food	µg	2	--	--	5
Folate, DFE	µg	2	--	--	5
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	74	15	5.547	182
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	1471	15	110.940	3619
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.003	--	--	0.007
16:0	g	0.002	--	--	0.005
Fatty acids, total monounsaturated	g	0.017	--	--	0.042
18:1 undifferentiated	g	0.017	--	--	0.042
Fatty acids, total polyunsaturated	g	0.008	--	--	0.020
18:2 undifferentiated	g	0.008	--	--	0.020
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.010	--	--	0.025
Threonine	g	0.020	--	--	0.049
Isoleucine	g	0.017	--	--	0.042
Leucine	g	0.032	--	--	0.079
Lysine	g	0.038	--	--	0.093
Methionine	g	0.003	--	--	0.007
Cystine	g	0.002	--	--	0.005
Phenylalanine	g	0.023	--	--	0.057
Tyrosine	g	0.013	--	--	0.032

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, whole, without pits 246g
Valine	g	0.020	--	--	0.049
Arginine	g	0.021	--	--	0.052
Histidine	g	0.009	--	--	0.022
Alanine	g	0.027	--	--	0.066
Aspartic acid	g	0.126	--	--	0.310
Glutamic acid	g	0.056	--	--	0.138
Glycine	g	0.017	--	--	0.042
Proline	g	0.033	--	--	0.081
Serine	g	0.032	--	--	0.079
Other					